



VULVAL CARE

Below are some suggestions as to how to generally care for your vulval area.

You may find some of the recommendations more helpful than others.

Minimise irritation to the vulva

- Avoid soaps, detergents, and scented products
- Try washing knickers in water only or reducing the amount of detergent used or adding an extra rinse cycle
- Source products for sensitive skin that are sulphate and paraben free

Personal hygiene

- Clean vulval area with water only
- Avoid scrubbing the area with flannels, use gentle hands
- Avoid soaking in hot water
- Gently pat dry or use a hairdryer on cool, low air
- If urine aggravates the area rinse away with warm water while on the toilet
- Consider unbleached, unscented tampons and sanitary pads or those made with a high percentage of cotton
- Tampons with an applicator may be easier
- Use the appropriate tampon for the flow you are experiencing
- Other alternatives to tampons include cups that are worn internally and are reusable
- Limit exercise which causes a high level of friction in the area

Clothing

- Wear white cotton underwear
- Usually best to avoid G strings, synthetic fabric and tight clothing e.g. gym tights, pantyhose
- Remove wet bathers and exercise clothing ASAP
- Rinse vulval area in fresh water to remove chlorine or salt

Solutions to soothe

- Vaseline gel or pawpaw ointment
- Colloidal oatmeal or 4-5 tablespoons of bicarbonate of soda in the bath
- A cool compress of the above solutions
- Cool tea bag on sore vulva
- Ice pack of crushed ice placed in a plastic bag and wrapped in a moist towel- placed on the area for 10 minutes